

12-7-2012

## Daily Eastern News: December 07, 2012

Eastern Illinois University

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# THE DAILY EASTERN NEWS

"Tell the truth and don't be afraid."

Friday

DECEMBER 7, 2012  
VOLUME 97 | No. 73

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STUDENT LIFE

## A Café of a class

Students run faculty café in Klehm Hall



ZACHARY WHITE | THE DAILY EASTERN NEWS

Meagan Thompson, a junior family and consumer sciences major, cuts up butter to caramelize onions Wednesday in The Café of Klehm Hall.

By Bryce Ricketts  
Staff Reporter

Just inside the southwest entrance of Klehm Hall are two windows and a single door along the right wall that have the blinds pulled down and the words CAFÉ in large black letters across all of them.

This is the home of the new student-run faculty café instructed by Kathy Rhodes, a family and consumer sciences professor.

Rhodes will be spearheading the new café while trying to remain as hands-off as possible, she said.

The newly renovated café sits where the old home economics kitchens were located, which consisted of eight kitchens and two storage rooms.

Rhodes said the café and the Pantera Restaurant are two dining facilities in the process of being entirely staffed by the career technology and information students and by hospitality students who are majors in the independent study group.

She said the café and the restaurant were originally conceived by Jim Painter, a family and consumer sciences professor in order to give students the skills necessary for the outside world.

"The whole idea was completely student-driven," Rhodes said. "It's for them...it wasn't for the faculty here right now or the adminis-

tration. It was so the students could have that experience of actually working in a café."

She said the restaurant gives them a real-life experience.

"The reason for its existence is to let the students actually manage a restaurant, actually develop a menu for a restaurant, actually calculate the cost of that menu, actually doing food calculations so that they will have these skills built up for their resumes," Rhodes said.

Rhodes said the department has faced many setbacks in getting the café open, and it was kind of a rush to get it open.

"We thought that we were going to open last spring, and then we had some holdbacks," Rhodes said.

She added they thought they would complete it in the summer to open in the fall, but facility workers were busy with other projects around campus.

Eventually, the department opened in Fall 2012 easing into the school year so that Rhodes and her student workers could fix any problems that might arise this semester and fix them before they get into the full schedule next fall.

Rhodes said the reason all the students cannot start until Fall 2013 is because their class schedules have already been set for the spring.

CAFÉ, page 5

COUNCIL ON ACADEMIC AFFAIRS

## CAA revises online course certification

By Stephanie Markham  
Staff Reporter

The Council on Academic Affairs approved revisions to the technology-delivered course policy and five course proposals during its meeting Thursday.

Jeffrey Stowell, chairman of the online learning committee, submitted changes to the certifications that instructors could earn to be qualified to teach online courses.

They removed the Eastern online learning modules from the list of acceptable certifications. "The committee felt one of the barriers to the growth of online education is the variability instructors might have in teaching online courses," Stowell said.

He said the committee's primary recommendation is the online course development institute, which incorporates videos from the Eastern online learning modules, but the videos by themselves would not be sufficient certification.

The committee also added the Illinois online network's master online teacher certificate.

He said the Illinois online network offers a series of six courses, one of which is a practicum allowing teachers to develop their own online course.

"We would like to ensure both standardization and preparation for those who teach online so that it's a good experience for them their first time, and they are likely to continue," he said.

He said teachers who have previous experience instructing online courses would not have to adhere to the additional requirements.

The council also approved a new history course, "HIS 3385: American maritime history since 1400."

Charles Foy, a history professor, said the course is intended to be part of a series of courses about Atlantic History.

"We are trying to create a bridge between American and global history courses," Foy said. "With this course, we would like to invoke an environmental analysis of the ocean and Native American culture and also emphasize that American culture is connected to European and African culture."

The council also approved a revision to "HIS 3600G: the U.S. Constitution and the nation" to offer an online version for off-campus students.

The council approved two new elementary education courses, "ELE 3225: early childhood curriculum, methods, and assessment: birth – age five" and "ELE 4770: teaching science and social science in the primary grades."

Joy Russell, chairperson of the department of early childhood, elementary and middle level education, said the new courses were developed to better meet the requirements being put forth by the Illinois Board of Education.

"We have made a conservative attempt to have spiral alignment so that, as a student progresses through the program, they are better able to meet all of the skills that are required for the breadth of an early childhood certificate," Russell said.

Stephanie Markham can be reached at 581-2812 or samarkham@eiu.edu.

CITY

## New Carle clinic to be constructed

### Clinic to compete with Sarah Bush's family practice

By Robyn Dexter  
In-depth Editor

The Carle Foundation is in the process of expanding its facilities to include a building in front of the AMC Showplace Mattoon 10.

Kyle Gill, the Mattoon interim city administrator, said the city received the site work plans two months ago and has been working toward the project ever since.

"In the last month, they've started the site work," he said. "We have plans for the building as well."

Gill said the new facility will be a 31,600 square-foot, one-story building.

"Carle Clinic is a set of doctors," he said. "They're in competition with Sarah Bush Lincoln's family practice."

The new building will include exam, radiation and procedure rooms, but Gill said it is not a hospital.

"We're reviewing them for building construction," he said. "I would say in the next week or two we'll issue the building permit."

So far, the reviews have been going well, Gill said.

"The start of building footings will depend on the weather and how cold it gets," he said.

There is already a Carle Clinic at 200 Lerna Road in Mattoon, but Gill said they are looking to expand, thus the basis for this new building.

"Over the past five years, they've looked at adding onto the other building, building around it and even taking the building down, but they've finally decided that they need a lot more space," he said. "They're going to keep the existing building and have this new building as well."

Gill said the expansion of the

"Competition's not always a bad thing. Impact-wise, it's supposed to be a \$4 million project, so it will definitely benefit the citizens of Mattoon and Charleston."

Kyle Gill,  
the Mattoon interim city administrator

building is because of its success in the area and the need for more space.

The timeline for the completion of the building is not certain, but Gill said they hope to have it done within a year.

"Major construction will start in the spring, and they'll try to do some work through the winter, but I don't really see that being too likely with the weather," he said.

Gill said the Carle Foundation purchased the land originally owned by the Coles County Memorial Airport.


"It's a fairly big job, and I doubt they will make a lot of progress over the winter," he said.

Robyn Dexter can be reached at 581-2812 or redexter@eiu.edu.




# EIU weather

TODAY



Rainy  
High: 56°  
Low: 45°

SATURDAY




Mostly Cloudy  
High: 51°  
Low: 46°

For more weather visit [castle.eiu.edu/weather](http://castle.eiu.edu/weather).

ONLINE

Visit [dailyeasternnews.com](http://dailyeasternnews.com) to check out a story about how WEIU-TV changed its format on programming costs.



**CORRECTION**

In Wednesday's edition of *The Daily Eastern News*, the cutline of the photo accompanying the article "Students compete in speech competition," Lindsey Johnson's name was misspelled. *The News* regrets this error.

# EASTERN NEWS

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**About**

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**Comments / Tips**

Contact any of the above staff members if you believe your information is relevant.

**Corrections**

The *Daily Eastern News* is committed to accuracy in its coverage of the news. Any factual error the staff finds, or is made aware of by its readers, will be corrected as promptly as possible. Please report any factual error you find by email, phone, campus mail or in person.



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## CONCERT CHOIR

# Community members join for concert

By Liz Purcell  
Staff Reporter

Music and religious readings were performed Thursday to celebrate the holiday season.

The EIU Concert Choir and Collegium Musicum Sinfonia performed "Lessons and Carols" at the Wesley United Methodist Church, which combined readings from the Bible that celebrates Advent, the time leading up to Christmas from Dec. 2 to Dec. 24.

Throughout the concert, a scripture from the Bible was read, and 28 students from the EIU Concert Choir and 13 students from the Collegium Musicum Sinfonia, an orchestra group, performed about 10 songs.

The musical selections correlated with the readings from the nine scripture pieces.

The lessons included the story of Adam and Eve in the beginning and focused on the story of Jesus.

The scriptures were read by Pastor Wally Carlson and Richard Hummel,

a retired Eastern professor.

Linda Tooley, a Charleston resident, said she attends "Lessons and Carols" every year at the church.

She said locals of every religion have been attending the event for years.

"In Charleston, we don't get much music like this," Tooley said. "It's a real treat."

Richard Rossi, the director of orchestral and choral activities, conducted "Lessons and Carols."

Ashley McHugh, a soprano in the EIU Concert Choir and a music graduate student, said "Lessons and Carols" starts off a spiritual time for all religions.

She said people of all denominations attend "Lessons and Carols" each year, not just Methodists.

The concert is based on "A Festival of Nine Lessons and Carols," which was introduced as a Christmas Eve service in King College Chapel in 1918 in order to bring more creativity to worship.

The event was first broadcast in



ZACHARY WHITE | THE DAILY EASTERN NEWS

Jacob Deters, a music major, lights candles at the Wesley United Methodist Church Thursday.

1928, and it is now broadcast to millions of people all over the world.

Many different denominations perform their own renditions of "A Festival of Nine Lessons and Carols," including Eastern's historic rendition that they perform every year.

Nancy Howard, the parent of alto

music major Jillian Howard, drove to Charleston to see her daughter sing.

She said "Lessons and Carols" is a good way to get people in the Christmas holiday spirit.

Liz Purcell can be reached at 581-2812 or [eapurcell@eiu.edu](mailto:eapurcell@eiu.edu).

## TARBLE ARTS CENTER

# Artwork winners to be declared at exhibit

By Bob Galuski  
Staff Reporter

More than 200 pieces of artwork from all over the state were submitted to the 19th Biennial Drawing/Watercolor: Illinois exhibition and the winners of the exhibit will be announced Sunday.

A reception for the 19th Biennial Drawing/Watercolor: Illinois

exhibition will be from 2 p.m. to 4 p.m. Sunday.

The exhibit opens Saturday at the Tarble Arts Center.

The combined winnings of the awards total \$4,750.

Whichever pieces of art are selected for the Newton E. Tarble Memorial Best-of-Show and Betty Ronchetti Purchase Awards will be added to the Tarble Arts Center's permanent collection.

Each of the winners were hand-picked by juror Carmon Colangelo, dean of the Sam Fox School of Design & Visual Arts at Washington University in St. Louis.

Michael Watts, the director of the Tarble, said Colangelo also selected which pieces of artwork would be on display in the exhibit.

While most of the works are contemporary images, a few of

the submitted art pieces featured more abstract subjects, Watts said.

"The majority of works are representational landscapes, cityscapes, figure studies and still lifes," Watts said.

Watts said Colangelo has had his own artwork on display all over the world.

Bob Galuski can be reached at 581-2812 or [rggaluski@eiu.edu](mailto:rggaluski@eiu.edu).



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## HOUSING AND DINING

# Employees prepare for break

By Alex Hill  
Staff Reporter

As students gradually migrate home during the last week of the semester, Eastern's dining hall staff have to make their own preparations.

Mark Hudson, the director of University Housing and Dining Services, said Winter Break is the longest of three breaks the dining halls prepare for, and their approach is very systematic.

There are times throughout the year when student attendance at dining halls fluctuates, and the changes are addressed so there is a sufficient amount of food, Hudson said.

"As we serve people, we keep track of how many we serve, so we use those to predict what we need for future meals," Hudson said.

Each individual dining hall gets food delivered every day of the week, allowing dining hall unit directors to estimate what they will need to order before break.

"During the break periods, you know that you're going to have less and less people there every day, so you actually order less food to try to get as close to having the least amount of waste possible," Hudson said.

"As we serve people, we keep track of how many we serve, so we use those to predict what we need for future meals."

-Mark Hudson, director of University Housing and Dining

Hudson said perishables are only kept for a couple of days, and food left over at the end of the fall semester is dated and kept in storage if it meets health regulations.

"It's a very integrative process under the watchful eye of the unit director, who makes sure that everything gets taken care of in a timely fashion," Hudson said.

Jamie Huckstead, unit director for Stevenson Tower Dining Center, said dining halls began planning the scheduling of student workers a few weeks in advance.

"We have them come in and sign up for what they'll work during finals week," Huckstead said.

Huckstead said the break is often used for any repairs and maintenance that might need to be done in the dining halls.

"If there are any pieces of equipment that need working on or painting in

the unit, we coordinate that with the different trade departments on campus because a lot of things can't be done while we're open," Huckstead said.

By the Friday of finals week, all dining hall activities are consolidated to Thomas Dining Hall, and Unit Director Chris Wojtysiak said things can get a little chaotic.

"I have a lot of events at Thomas at the end of the year, which makes it a little hectic for me," Wojtysiak said.

Hudson said the events toward the end of the semester, such as the Finals Feast, help relieve the monotony of studying for students.

"It's busy, but it's very structured and very organized in the way in which it plays out," Hudson said. "It's all about food safety and making sure it works well for the students."

Alex Hill can be reached at 581-2812 or amhill4@eiu.edu.



KRISTEN LEWIS | THE DAILY EASTERN NEWS

Patrick Costello, a senior kinesiology and sports studies major, makes a deli sandwich for a student at the Stevenson Dining Hall on Thursday.

## UNIVERSITY PLANNING AND BUDGET

# Council works on universal meeting

By Amy Wywialowski  
Assistant Daily Editor

Friday is the last day faculty and staff can share their opinion about a universal meeting time at Eastern.

The Council on University Planning and Budget subcommittee has distributed the survey to faculty and staff.

Jennifer Sipes, the special assistant to the vice president for student affairs and a member of the subcommittee for a universal meeting time, said the whole process began in the 2011-2012 academic school year as an initiative from President Bill Perry.

"Back during the 2010-2011 academic year, President Perry created the Committee to Study Shared Governance," Sipes said. "In the spring of 2011, they gave their report and provided some actions that could enhance shared governance."

The committee made seven recommendations to Perry, including reconfiguring the Faculty Senate, creating a website for university governance and creating a universal meeting time.

In a memo to Perry, the committee said they would like the university to institute a universal meeting time where all university employees and students would be free, to the fullest extent possible, from any scheduled non-emergency responsibility.

In a response to the memo, Perry

delegated research of the project to the CUPB.

"We are one of the few governing groups on campus that has all areas of campus represented," Sipes said. "We have representatives from all aspects of campus — students, faculty and staff."

"We decided we want to gather more information before doing anything," Sipes said. "We want to see if people feel this would be something feasible and desirable here."

Sipes said one of the difficulties of working on a project like this is that so much is unknown about what a universal meeting time would be like on campus.

"That's part of the question: what meetings and events would take place during this time and at what frequency?" Sipes said. "These are all questions being asked, and there is no one definite answer."

Sipes said a universal meeting time is something that is being done at some other universities, but they are all smaller than Eastern.

"We're trying to figure out if this is something we can do here," Sipes said.

The survey is currently only available to faculty and staff, but Sipes said depending on the response, they may open it up to students.

Amy Wywialowski can be reached at 581-2812 or alwywialowski@eiu.edu.

## PROFICIENCY TEST

# State makes teaching test harder

By Samantha McDaniel  
Daily Editor

The state is making it more difficult to become a teacher by raising the standards for the proficiency test students must pass to continue, the chairman of the department of secondary education and foundations said.

Stephen Lucas, the chairman of the department of secondary education and foundations, said before the change with the passing score for the test, 90 to 95 percent of those who took the tests passed.

"It was very, very easy to pass, very basic, almost early high school terms of levels of expectations for your performance," Lucas said. "A couple of years ago, the state raised the passing score you had to get for that, and statewide, we saw the pass rate go from 90 to 95 percent to 30 to 35 percent."

He said this increase has caused less people to show interest in becoming a teacher, and those who do may not make the cut.

"The numbers have changed in three years to where we are about one-half or one-third the size we used to be just three years ago because there are fewer students passing the basic skills test," Lucas said.

Lucas said in order to be a high school teacher, they have to major in the field they want to teach before they start the teaching track.

"You know high school teachers are going to teach specific subjects so unlike elementary teachers, which teach everything," Lu-

cas said.

He said they will focus on one core area, like English, math, history or art, but elementary teachers teach everything, so the process is a little different.

After deciding between elementary and secondary education, the student has to go to an admission to teacher education meeting, where they learn all the expectations.

"There is a long check list of about 12 to 15 things that you have to do at Eastern to eventually become a teacher," Lucas said.

The first class secondary education students take is SED 2000: Inquiry Into Teaching where they learn about the profession and keep them up to date about the current teaching qualifications by the state.

"Every year, it seems like the state comes up with new requirements and changes things, so we try to get everybody the up-to-date information," Lucas said.

Secondary education students do not typically start focusing on education classes until their junior year, Lucas said.

During this year, the students will get their first experience teaching with their practicum class.

He said one of the major changes in the field is the qualification to get into the practicum class.

"In order to get into that class, you have to pass the test called the 'Test of Academic Proficiency,'" Lucas said. "That's been the biggest change we experienced the last couple of years because that was a test,

like the Basic Skills Test, in reading, writing and language arts."

If students pass the test, they get into the class where they learn teaching methods and educational psychology before they go to a local school for six weeks of teaching.

When they are nearing the end, they take a content test that covers the entire subject matter they are going to teach.

"It proves they know the stuff they are going to teach before they go out to student teach," Lucas said. "When they pass that, they are eligible to then go student teach, and their final semester they are full-time student teaching to whatever school they are assigned to."

Lucas said to graduate and get a teaching, license they have to pass a test called "Assessment of Professional Teaching," which covers teaching methods.

After they pass that test and student teaching, Eastern recommends them to the state and they go into the job market.

Lucas said the qualifications for teachers have changed drastically from the time he went to school.

He said part of the reason is the advent of "No Child Left Behind."

"Back in the day, when I completed my teacher education program, all we had to do was complete the course work and the program at the university," Lucas said. "There wasn't any testing that we had to do in order to be a teacher."

Samantha McDaniel can be reached at 581-2812 or slmcdaniel@eiu.edu.

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STAFF EDITORIAL

Community realized importance of JAC

Wednesday night, a line of customers wound within Jackson Avenue Coffee and overflowed to the street outside. Through their collective efforts, these customers raised \$19,168 to save the JAC from closing its doors.

We are thankful to all the students, staff, faculty and community members for taking the time out of their days and their wallets out of their pockets to chip in and help a local business in its time of need.

The collective efforts of these customers is a reminder that the power of community can accomplish great things when members of their community need a hand.

It is important to remember that the JAC is a part of the Charleston and Eastern communities, not just a business. The JAC is more than just a place for students to pick up a cup of coffee and biscotti; it is a place for personal growth and opportunity.

The JAC employs several Eastern students each semester, working around their busy schedules to provide them the opportunity to earn their own income and gain financial independence.

The coffee shop also has a wealth of space where students can gather away from campus to study, relax and socialize, possibly even meeting new people who they might otherwise have never met on campus.

Nearly every month, the walls of the JAC are covered with new art displays, many created by Eastern students.

Through these displays, students can express their creativity, showcase their talents and make a little extra cash.

Throughout the week, the coffee shop brings in local musical talents from around the area to perform. Many of these performers are Eastern students who are still gaining a following and honing their skills, so the chance to perform is a great opportunity for them.

The performances also offer inexpensive local entertainment for students. As well, every Thursday night is Open Mic Night, when anybody, student or otherwise, can take to the JAC's stage and showcase their talents while also gaining inspiration from and networking with other performers.

There is more than just bricks, baristas and coffee beans that make up the JAC. A sense of community is a part of all the coffee shop does for and provides to students and residents alike, a sense of community that other, larger businesses cannot provide.

We are thankful that the efforts of so many members of our community were able to recognize the place and importance of the JAC and to ensure its continued role in both the Charleston and Eastern communities.

The DAILY EASTERN NEWS

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COLUMN

Jackson Avenue is where the heart is

Community members fought to preserve their beloved coffee shop and I applaud them for saving a true landmark of Charleston—Jackson Avenue Coffee.

As an avid coffee drinker, I was proud to stand among the lines and lines of community members and students patiently waiting for a Chai latte or red eye during Wednesday's benefit.

The feeling in the room was contagious and inspiring as patrons drank coffee and chatted while hoping their efforts would save their home away from home.

Like other loyal patrons, the JAC represents more to me than the fresh smell of coffee beans, it has been an essential part of my years in Charleston and has been my home away from home.

The coffee, music and chocolate chip cookies have brought my friends, dates and family together to reminisce about good and bad times while drinking a latte or devouring a cookie.

It has been a place where I witnessed one of my best friends explore her musical abilities and brave her fears of performing in front of a crowd.

It has been a place where I attended local fundraisers, like the Night of HOPE, where I



Elizabeth Edwards

supported women of domestic abuse by eating soup and wearing purple.

Many residents at the benefit shared similar stories and understand the importance of having a community coffee shop.

The shop is a safe place where parents can drop off their children or students can attempt to get work done.

With the current economy, it is more important than ever to support small businesses not only because of economic reasons, but because small businesses provide character and uniqueness to a community.

Families and students know they can walk into the doors and feel comfortable and discuss music, politics and current events of the day.

Not only does the JAC provide students a niche where they can study, talk and listen to local music, but it is one of the few places

where students can feel part of the community.

Saving the JAC brought students and community members together in a way that in my four years at Eastern I have not seen.

Fewer than 25,000 people make up Charleston and those people being able to raise more than \$18,000 is remarkable.

When I originally heard the amount of money needed to keep the JAC open, I was already picturing the closed doors of the shop in my mind.

At no point did I think community members could raise all the money needed, but I have been blessed to witness community activism at its best.

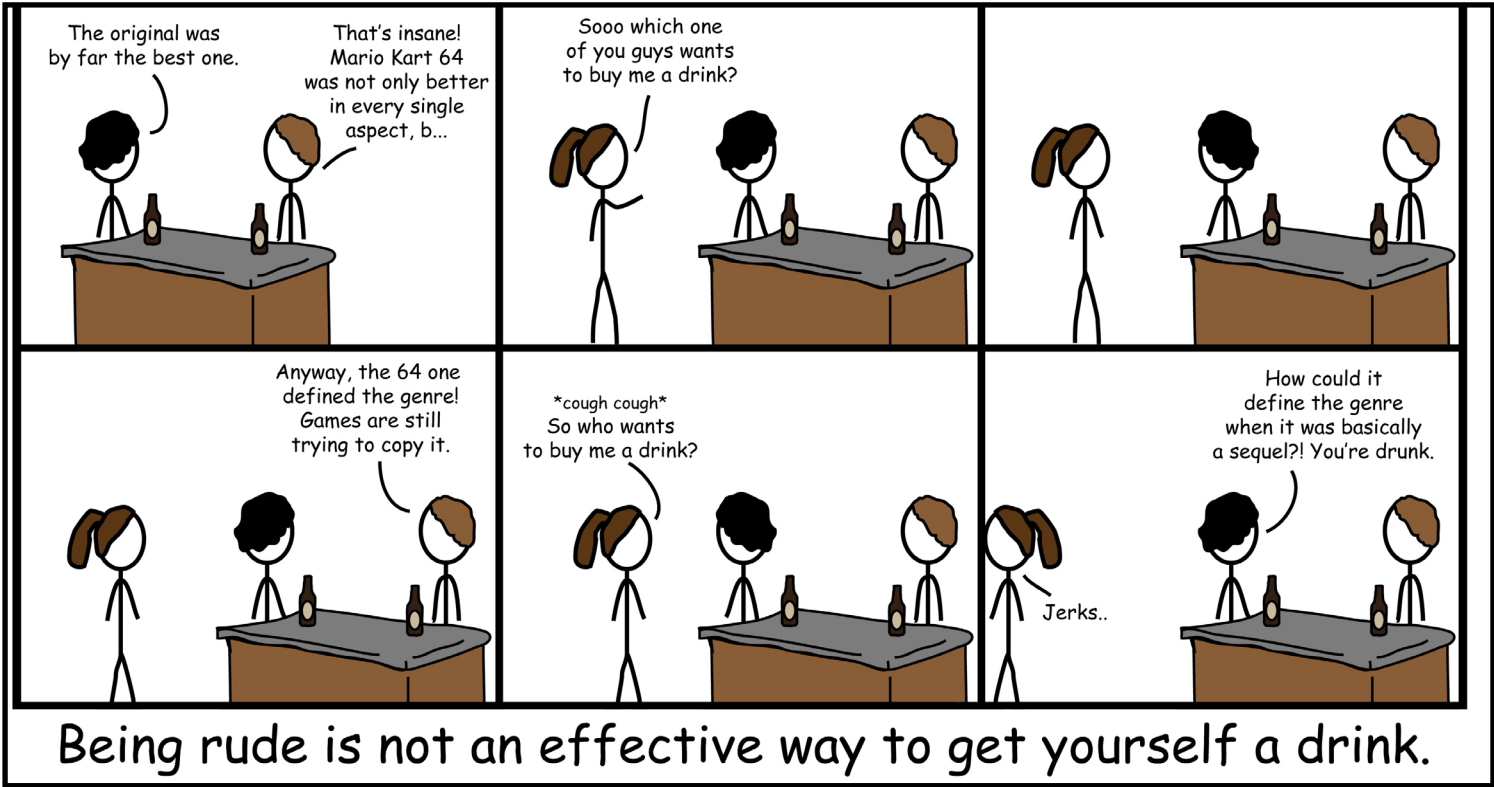
I underestimated the power residents' and students' ability to achieve what they put their minds to.

I applaud the community for coming together in a local business's time of need, but I encourage the residents and students not to stop here.

Coffee may have brought students and residents together to fight for the same cause, but I hope this will only be the beginning.

Elizabeth Edwards is a senior journalism major. She can be reached at 581-2812 or denopinions@gmail.com

FROM THE EASEL



ETHAN SCHROEDER | THE DAILY EASTERN NEWS

COLUMN

Political leadership is rare these days

The fiscal cliff debate is actually getting to the point of comical for me. Some of the stuff that has been going on in Congress is too ridiculous to even portray in a movie.

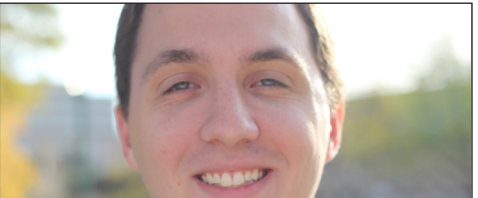
Most recently, the Senate Majority Leader Harry Reid has been working to negotiate raising the debt ceiling again into the fiscal cliff negotiations. This would thereby allow the federal government to go into a greater amount of debt. Seems legit.

Senator Reid fails at every impasse on the discussion. He is also the main reason why there has not been a Senate Budget resolution passed since 2009.

The Democratic Majority Leader has failed to lead the debate and instead has resorted to working with others within his party to engage in strong-arming their way through political negotiations.

This method of governing has been very successful for his party, because they have exceeded in growing the government into something so big that few are willing to challenge it.

For a brief period of time, President Barack Obama talked about substantive compromise



Jesse Green

with Republican leadership. Included in this was his administration offering to support an increase in Medicare eligibility age, means-testing, and cuts of certain Medicare benefits, in addition to a small restructuring of how Social Security payments are disbursed. As of today, very little of these proposals are remaining on the table due to increasing requests to include more tax hikes.

It is incredibly evident that our country is not only approaching the fiscal cliff, it is on a fast-lane journey towards the brick wall. The inability for both sides to compromise on very miniscule cuts to the size of government ensures this.

If I wanted to go on a diet, there is really only two ways to lose weight. Eat less, workout more. Consume less calories, burn more calories. Pretty simple right? Let's apply this to government and get back to basics.

We can shrink government right now, it just takes some self discipline and for some people to go hungry. We can start by telling those in Congress not to go back for seconds.

But for now, I am confident that Congress will come together at some point to resolve this issue.

They will do this by kicking the can further down the road. For me, I am confident that it will be time to get "brick wall" into the news as the buzzword of choice within Obama's Presidency.

These negotiations won't be between Democrats and Republicans, this will be an intervention between America and the nations that have saved their money and lent it to us far too much for far too long.

Jesse Green is a senior finance major. He can be reached at 581-2812 or denopinions@gmail.com

Letters to the editor can be submitted at any time on any topic to the Opinions Editor to be published in The Daily Eastern News.

The DEN's policy is to run all letters that are not libelous or potentially harmful. They must be less than 250 words.

Letters to the editor can be brought in with identification to The DEN at 1811 Buzzard Hall.

Letters may also be submitted electronically from the author's EIU e-mail address to DENopinions@gmail.com.



RESIDENCE HALL ASSOCIATION



MARCUS SMITH | THE DAILY EASTERN NEWS  
Representatives of the Residence Hall Association vote on a quote to print on its sweatshirt to commemorate the group's year Thursday in the lobby of Weller Hall.

# RHA ends semester with holiday party

Staff Report

A holiday celebration brought together the Residence Hall Association on Thursday in Weller Hall. Holiday cookies and hot chocolate were served during the meeting in celebration of the upcoming holiday. Committee members socialized and ate the sweets provided before the executive board made a few announce-

ments. Kadie Peterson, a sophomore elementary education major, won the award for perfect attendance for the month of November. Dawn Howe, a senior family and consumer sciences major and RHA secretary, announced that their zip-up sweatshirts would be redesigned, and all the members needed to vote and create a new quote to print on the

back of the sweatshirt. Later, Jacob Deters, a senior general studies major, gave "Of the Month" awards to the different residence halls for the month of November. "Blow Your Finals Away" was labeled on Blow-Pop suckers and given to the members for membership appreciation. The RHA will resume in January 2013 to begin the new semester.

STUDENT LIFE

# Underage drinking unstoppable

By Aldo Soto  
Staff Reporter

Nothing can be done to stop underage drinking, a residence director said. Jessica Ward, the residence director for Taylor and Lawson halls, said "I don't make the rules, I just enforce them." Ward said the university does more to prevent underage drinking than any other school she has been at but added that nothing can be done to stop underage drinking at a university. "Look at the culture," said Ward. "When students come to college, that's what they have preconceived."

Although drinking alcohol under the age of 21 is illegal, the Centers for Disease and Prevention said alcohol is the most commonly used and abused drug problem among youth in the United States. In 2009, an estimated 28 percent of youth between the ages of 12-20 consumed alcohol in the United States. "Alcohol is very common, and when dealing with drugs, you never know what's behind the door," Ward said. "I don't think alcohol is as dangerous to be honest." The University Police Department is called when students are caught with drugs in residence halls but not when alcohol is found on an underage student, Ward said.

"If we called the police every time we had a suspicion of someone drinking, we wouldn't have enough police officers because drinking is a lot more common than drug use," Ward said. A 2010 Core Survey on alcohol and other drug use among college students in Illinois showed 84.6 percent of college students surveyed consumed alcohol during that past year. Aldo Soto can be reached at 581-2812 or asoto2@eiu.edu.

An extended version of this story is available at [dailyeasternnews.com](http://dailyeasternnews.com)

SURF

# Program pairs student with mentor

By Amanda Wilkinson  
Staff Reporter

A four-year program in the Lumpkin College of Business and Applied Sciences is aiming to get students engaged in the university and community. Dean Mahyar Izadi and Associate Dean Jeanne Snyder from the Lumpkin College of Business and Applied Sciences created the Scholarship and Undergraduate Retention First program in Fall 2011 for students within the academic college. Snyder said the program was created with President Bill Perry and Provost Blair Lord's presidential initiatives in mind.

also must sign up for an independent study or honors research course. The fourth year, students present their research, and they can apply for a \$500 SURF award. So far, the only student in the SURF program is Mitchell Gurick, a sophomore business major. He began the program during his freshman year. Gurick said the program is good for him because he is in contact with faculty members who can help him through the goals of the program and through his experience at Eastern. His faculty mentor is Julie Chadd, an associate professor in the School of Technology. "It allows you to develop a relationship to someone like Dr. Chadd, who I can go to if I have questions about something," Gurick said. Gurick said he was already involved in student organizations like Phi Beta Lambda and Sigma Alpha Epsilon fraternity before his sophomore year. Gurick is also the Student Senate Speaker and the 2012 homecoming prince.

"The provost's major initiatives are recruitment, retention and rigor," Snyder said. "He calls them the three r's." Snyder said she and Izadi brainstormed to come up with a program that would address the three initiatives, and they came up with the SURF program. Once a student is admitted into the SURF program as a freshman, he or she is required to participate in certain activities and student organizations. The first year of the program sequence, the students must declare their major, and they are paired with a faculty mentor. The second year, students must maintain a 3.0 GPA and be involved in one student organization and a service activity. The third year, students work with the faculty mentor on a teaching, research or service-related project and

However, Gurick said he has yet to figure out what he will do for his service-learning project. But in the mean time, he is thinking of ideas for his third-year research project.

Amanda Wilkinson can be reached 581-2812 or [akwilkinson@eiu.edu](mailto:akwilkinson@eiu.edu).

An extended version of this story is available at [dailyeasternnews.com](http://dailyeasternnews.com)

## CAFÉ, from page 1

Meagan Thompson, a family and consumer sciences major and café worker, said the café is slowly coming together, but without their instructor, the staff would be lost. "We want to have it be student-run, but without Kathy it wouldn't be possible," Thompson said. Rhodes said she hopes when faculty, staff and students visit the café, they will be impressed by the innovative style and design of the restaurant combined with the freshness of the food that was student-made and student-run.

"From the very first day back in 2006 to the present, we involved the students and asked them what they wanted this café to be," Rhodes said. "We pushed this off on the students and asked them what they wanted to do. Just like an artist, we gave them a blank palette and asked them to paint us a picture of what they would like to see in a café." Bryce Ricketts can be reached at 581-2812 or [bjricketts@eiu.edu](mailto:bjricketts@eiu.edu).

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12/10

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Family nickname  
5 Wharton hero  
10 Crude letters  
14 One of five Norwegian kings  
15 Trapper's tool?  
16 Roast, in Rhone  
17 Eye sore  
18 Invierno month  
19 Nicole's "Moulin Rouge!" co-star  
20 Enjoying "O patria mia"?  
23 Legal title: Abbr.  
24 Artificial  
25 "Night Moves" singer  
27 Some of its ads feature a pig named Maxwell  
30 Prima \_\_\_\_  
33 Cuban patriot Marti  
36 Ages  
38 Fight back, say  
39 Aussie's school  
40 Contract extras, and read differently, a hint to this puzzle's theme  
42 Layer  
43 Time to retire  
45 Copycat  
46 Vichy waters  
47 Kennedy and Waters  
49 Like old apples  
51 Character piece?  
53 "Pork and Beans" band  
57 Binge  
59 Whomping actor Eric?  
62 Literary collections  
64 Amity  
65 Knee-slapper  
66 Star in Lyra  
67 Top of a form, perhaps  
68 Heraldry border  
69 Furthest from the hole, in golf  
70 Big key  
71 Fade, maybe
- DOWN**
- 1 Israel's Dayan  
2 Let out, say  
3 Builders of stepped pyramids

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22		23		
24								25			26			
			27			28	29		30			31	32	
33	34	35			36			37		38				
39				40					41			42		
43			44			45					46			
47					48		49			50				
		51				52			53			54	55	56
57	58			59			60	61						
62			63		64						65			
66					67						68			
69					70						71			

By Gary J. Whitehead

12/7/12

Thursday's Puzzle Solved

S	A	A	B	S		S	H	A	M	S		D	A	D
A	L	L	O	T		S	O	L	T	I		A	T	E
C	A	B	B	A	G	E	R	O	S	E		T	O	I
K	I	S	S	M	E		A	H	H		P	I	N	G
						E	E	R	O	S	A	A	R	I
A	L	I	G	N	E	D			S	O	N	G		
R	A	C	E				D	I	E	T	S		P	A
T	H	E	R	O	S	E	T	T	A	S	T	O	N	E
S	R	S		S	T	R	O	H				R	O	T
			C	R	E	E			I	N	S	U	L	I
H	E	R	O	S	W	E	L	C	O	M	E			
O	L	A	Y		P	L	U		R	E	G	A	L	E
L	I	P		B	O	W	A	N	D	A	R	R	O	W
E	T	E		S	T	E	N	O		R	I	N	S	E
D	E	R		A	S	S	N	S		S	T	E	E	R

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12/7/12

- 41 Approach  
44 Every other hurricane  
46 One may be penciled in  
48 Like a piece of cake  
50 Boost, with "up"  
52 Front-end alignment  
54 "New" currency replaced by the Congolese franc
- 55 Gay leader?  
56 Triple-A, at times  
57 Software product with a cup-and-saucer logo  
58 All over again  
60 "Categorical imperative" philosopher  
61 Slurpee alternative  
63 Come out with



TRACK AND FIELD

# Team opens season with Early Bird meet

By Holden Fuehne  
Staff Reporter

The Eastern indoor track and field team will attempt to start the season strong, as it will host the Eastern Early Bird meet at 3 p.m. Friday at the Lantz Fieldhouse.

Eastern heads into this meet with plenty of momentum after taking the Ohio Valley Conference title on both sides.

Twelve Panther participants finished first in the 2011 Early Bird, and the team has a slew of returnees who could put up similar top numbers.

Second-team All-American red-shirt junior pole vaulter Jade Riebold leads the women's team.

Riebold finished second at the Early Bird last year in her first season at Eastern after transferring from Georgia.

She placed first in the OVC Championship in the pole vault with a height of 4.03-meters.

Senior fellow pole vaulter Abigail Schmitz could also be a factor after finishing fourth at the Early Bird last season with a height of 3.65-meters, and second at the OVC Championship with a jump of 3.93-meters.

All-OVC senior Erika Ramos is the top Eastern women's distance runner and she finished first at the Early Bird last season with a time of 4:55.59 in the mile run.

She placed second at the OVC Championship in the mile with a time of 4:54.37.

Junior All-OVC hurdler Jalisa Parmore will also play a key role at the meet.

She finished second at the 60-meter hurdles at the 2011 Early Bird and

finished second at the 55-meter hurdles at the OVC Championship.

Junior Condia Smith is the top Eastern women thrower. She finished ninth at the 2011 Early Bird in the shot put. She finished third at the OVC Championship.

The men also have a variety of participants who will contend for the top spots at the Early Bird.

Red-shirt junior Mick Viken is the defending Early Bird pole vault champ after a 5.18-meter jump. He also took first at the OVC Championship with a jump of 5.10-meter.

Junior Kaleel Johnson is the top men's sprinter after finishing second at the OVC Championship in the 200-meter dash. He placed third at the 2011 Early Bird.

Sophomore Bryce Basting is the top distance runner. He finished third at the 2011 Early Bird in the mile with a time of 4:24.42 and he finished third in the 800-meter and sixth in the mile at the OVC Championship.

Red-shirt senior Sean Wiggan joins Basting as one of the top distance runners. Wiggan won the 1000-meter run at the 2011 Early Bird. He also took the title in the 800-meter run in the OVC Championship with a time of 1:52.08.

Indiana State, Southeast Missouri, and a select group from St. Xavier will also be at the event.

The meet will be scored as a dual event.

Following the Early Bird meet, the Panthers will again host a meet on Jan. 19 for the John Craft Invitational.

Holden Fuehne can be reached at 581-2812 or [hjfuehne@eiu.edu](mailto:hjfuehne@eiu.edu).



ZACHARY WHITE | THE DAILY EASTERN NEWS  
Red-shirt junior forward Morgan Palombizio celebrates an Eastern basket with Ta'Kenya Nixon, a senior guard, during the game against Evansville Tuesday.

## BASKETBALL, from page 8

Although Evansville plays in the half court — different than Sacramento State — the Hornets and Aces are similar in that they feature a lot of cutting actions on offense.

The Hornets are a big team with 6-foot-4 forward Megan Kritscher, who is a tough matchup.

Another forward, Kylie Kuhns, likes to pop out to the perimeter and face-up defenders, Buchanan said, but won't shoot it. Instead, she'll try to drive to the basket.

Buchanan said Eastern's forwards will have to do a good job defending her.

But Kuhns and Kritscher aren't even the team's leading scorers. Alle Moreno and Fantasia Hilliard, who each average 12 points per game, lead the Hornets.

Discipline is a big part of the game plan, Buchanan said. The Panthers will have to avoid losing track of the game plan in the midst of all the Hornets are doing.

"They're going to run the whole

game," Buchanan said.

The Hornets come into the game with a 4-3 record. Their most recent loss came against Southern Illinois-Edwardsville, an Ohio Valley Conference opponent the Panthers will play later this year.

The game is set to begin at 7 p.m. Friday in Lantz Arena.

Alex McNamee can be reached at 581-2812 or [admcmnamee@eiu.edu](mailto:admcmnamee@eiu.edu).

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@DEN\_Sports tweet of the day: No Panther managed to score in double-digits, Malcolm Herron led the way with eight.



CAT ZONE

Q & A with Austin Akers, men's basketball

# Austin Akers: The man behind the minutes

By Anthony Catezone  
Assistant Sports Editor

Austin Akers has gone from inexperienced transfer to veteran leader in a matter of two seasons. The senior has been asked to change roles this season, as head coach Jay Spoonhour said he wants the offense to flow through Akers on every possession.

Akers' play off the bench last season's play is long gone, and so is his 15.3 minutes per game. This season, the 6-foot, 2-inch, 195-pound guard is second in the Ohio Valley Conference playing 35.1 minutes per game.

A native of Brazil, Ind., Akers can also be found in the top five in the OVC for assists per game (4.1) and assist-to-turnover ratio.

Akers is a biology major, a man who loves his girlfriend, sushi and even thinks he could take over quarterback Jimmy Garoppolo's duties.

**Anthony Catezone:** How has the adjustment process been with two coaches in two years?

**Austin Akers:** "It's a 180 from Mike Miller to coach Spoonhour. Miller would have us watch a lot more film and we would practice three hours a day, where coach Spoonhour more focuses on us and not so much preparing for another team. Take care of ourselves first."

**AC:** How have you dealt with your new role this season?

**AA:** "I don't need to score as much. Coach Spoonhour wants me to run the team, just get everyone in the right place and kind of be the floor general. Miller wanted me to run my spot, find open shooters. Coach Spoonhour is more free flow and just go make a play."

**AC:** With that, you are second in the OVC in minutes per game. Does that ever get taxing on your body?

**AA:** "It's rough. Especially in some games like the Central Arkansas game, where it was more up and down the floor. It takes a little toll on the body, but we have media timeouts and coach Spoonhour knows when I'm pretty exhausted, so he'll take me out and put me in when I'm ready."

**AC:** With this being your last year

in a Panther uniform, what do you want to leave behind?

**AA:** "I want to get to not only the OVC Tournament, but the NCAA Tournament. I know we are a long way away, but we have a good couple of weeks ahead. We could really get things rolling, upset a few teams and maybe make something happen, but my main goal is to first make the OVC Tournament."

**AC:** What are your plans after you graduate from Eastern?

**AA:** "I'm going to be here a fifth year. I have to finish some things up in school. But if there is a chance to play overseas or somewhere else, I would take that opportunity. If not, I plan on going to dental school."

**AC:** So talking about playing overseas, you are looking to go down the route Jeremy Granger took. Has there been any talk there at all?

**AA:** "I haven't really talked to him. I follow his stats and have a couple other buddies that play overseas too. They say they like it, they say it is a good experience, so that would be something I would want to pursue."

**AC:** If you could marry any woman in the world, who would it be?

**AA:** "(Laughs). I'd say my girlfriend, Brittany Arthur."

**AC:** What would you choose for your last meal?

**AA:** "Oh, I love sushi. That sounds good right about now."

**AC:** If you could play any other sport at Eastern, what would it be?

**AA:** "I would say football."

**AC:** Why is that?

**AA:** "I always loved playing football as a kid. It's fun. You can take out your frustrations in that more than any other sport."

**AC:** What position do you think you would play?

**AA:** "I would want to be quarterback."

**AC:** Give Garoppolo a run for his money?

**AA:** "(Laughs). Yeah. I think I could take over for him."

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ZACHARY WHITE | THE DAILY EASTERN NEWS

Senior guard Austin Akers has had five games this season with more than five assists and is shooting more than 35 percent from behind the 3-point line. Akers is also playing 35.1 minutes per game this season, which is over twice the minutes he played per game last season.

MEN'S BASKETBALL

## Toledo to enter Lantz Saturday

By Anthony Catezone  
Assistant Sports Editor

The Toledo Rockets yields an offense that Eastern has not seen in recent games.

While the Panthers (3-7) are fresh off losses to two defensive-minded teams in Stony Brook University and Western Illinois, the Rockets (2-4) will force the Panthers to make a quick turnaround 6 p.m. Saturday in Lantz Arena.

The turnaround is not the only quick adjustment Eastern will make in preparation — as the Rocket offense is one that is fast-paced and gets up and down the court.

"Toledo will be a whole different ball of wax," head coach Jay Spoonhour said. "They have really athletic guys, and are a team that is picked to win the MAC. They have a bunch of returning guys and it will be tough."

Senior guard Austin Akers said the Panthers will look to play their game — a slower paced, smooth flowing offense that feeds off of the defense.

"(Toledo) is an up and down team, more athletic," Akers said. "We just have to match whatever they do and just go out and try to set the tone."

Eastern's defense has been its strength all season.

The Panthers only give up 60.9 points per game, which is second best among all Ohio Valley Conference teams.

However, the Panthers fail to average over 60 points per game on offense. They score an average of 56.9 points per game, last in the OVC.

Meanwhile, Toledo's high-powered offense averages 69.2 points per game, but its defense surrenders 72.8 points per game.

"We just have to limit their transition points and guard our man," Spoonhour said. "We need to stay above them, not let them get anything

in transition and make them take tough shots."

The Panthers will be led by sophomore forward Josh Piper on offense. He averages a team-high 11.6 points per game on 46.4 percent shooting from the field, while adding five rebounds per game.

The Rockets bring two players that average over 15 points per game in Rian Pearson and Julius Brown with 18.9 and 15.5, respectively.

Pearson adds a team-best 5.9 rebounds per game, while Brown contributes 5.7 assists per game, along with 3.1 rebounds per game.

"It's our last home game (for awhile) and we go into Christmas Break for a tough stretch, so we need to get as many as we can at home, try to protect our home court a little better," Akers said.

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WOMEN'S BASKETBALL

## Team hosts Hornets

By Alex McNamee  
Staff Reporter

Discipline will be key for the Eastern women's basketball team Friday night when they welcome Sacramento State to Lantz Arena.

The Hornets run a fast-paced offense unlike any other the Panthers might see this season and Eastern head coach Lee Buchanan said slowing the game down will be important.

Sacramento State runs a full-court press on defense every possession — no matter if its offensive shot is made or missed.

Most teams won't put a full-court press on, unless the team on offense is taking the ball out of bounds after a made shot.

Buchanan said Sacramento State is going to try to push up the tempo regardless of what Eastern tries to do.

He said the Panthers have to push

the ball down the court when it's available, as they did in Tuesday's win against Evansville, but execute a half-court offense when it isn't.

"Sacramento State is used to playing crazy, fast, sloppy. If you play their style it's to their strength," Buchanan said. "We have to slow it down at times and execute our half court offenses."

The Panthers will have to execute like Evansville did in the first half of Tuesday's game, Buchanan said.

Evansville scored 34 points in the first half, shooting 50 percent from the field. In the game, the Aces didn't score a single fast-break point.

"We have to execute our half court offenses and make them play defense, which they don't really like to do," Buchanan said.



December 7, 2012

The Daily Eastern News' weekly arts and entertainment section

# VERGE

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# Timeflies makes us 'Swoon' with new EP

It's safe to say they've done it again.

Up-and-comers Timeflies, made up of producer Rob Resnick and vocalist Cal Shapiro, released their second original compilation, "One Night," just last week on Nov. 27.

The album climbed to the #1 spot on iTunes during the first night it was released and has continued to maintain a spot in the top album charts since.

This is the second set of original works the duo has released, with the very first being "The Scotch Tape," which came out in September 2011.

As much as I love "One Night," I still prefer "The Scotch Tape." It could be because I've had a lot longer to listen to "The Scotch Tape," but maybe this one will grow on me. We'll see.

Though it's hard to group these two into an actual genre, (they call themselves "electro hip pop dub-something"), they can easily be recognized by the smooth flow of Cal's vocals and freestyles and Rez's perfect beats that complete the song.

This album is different from their other works in a few different ways, and it's easy to hear how much heart and soul these two fuse into their songs.

1. "One Night" 2.5/5

This track was released before the album itself as a teaser and precursor to the rest of tracklist. Although they picked it as a single, I wasn't all that impressed with this one. As much as I love any song these two put together, this one just didn't do



By Robyn Dexter  
In-depth Editor



it for me. It has a chill tone to it and although the lyrics are beautiful, I'm not sure it was single-worthy.

2. "Swoon" 5/5

Easily the best club "banger" off the album. This song is full of smooth-flowing raps by Cal, an epic beat by Rez and the overall wonderful compilation of the two elements. Though I don't think the rest of the album is what I would consider classic Timeflies, this song definitely is. The boys are back.

3. "Worth It" 3/5

Though I think this song isn't the boys' best song, I do love the lyrics. They send a message of the journey they've been on and through all the struggles they've had, "it was all worth it." My favorite part is the end: "One step down, with a million left to go."

4. "Can't Say No" 3.5/5

This song exemplifies Cal's romantic serenading that so many girls across the country fall for. It's a

well-done ballad, though I think the boys have done better. I like their up-tempo songs better because they show off Cal's rap skills. This song doesn't as much.

5. "Nothing At All" 4/5

What I like about this one is the combination of a slower-sounding song with a beat that enters in the first chorus. It's a great bridge between what they call a "baby-maker" and a "banger." Club-friendly, but still has the lyrical value that true fans appreciate so much.

6. "Wild Ones" 4/5

This cover of Flo Rida's "Wild Ones" has been out since March, but it continues to be a fan favorite, scoring almost 2 million views on YouTube since its release. Though I'm not sure why they released the track along with this EP, it remains one of their best covers and will probably continue to go down in Timeflies history as one of their most popular.

It was incredibly hard for me to be a little harsh on my current favorite group, but I had to be honest. They've come so far since "Lose My Mind" in late 2010 and I'm proud to consider myself a fan since almost day one. "One Night" is sure to continue to be a success, but "The Scotch Tape" will always be my definition of true Timeflies.

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## Gifts students would prefer to recieve for Christmas



Clothes  
17 percent



Electronics  
20 percent



Cash  
37 percent

School supplies  
17 percent



Nothing in particular  
10 percent

Based on a survery of 30 students



# Couples still deciding on Christmas gifts

By Jaime Lopez  
Verge Editor

Christmas is almost here, and some students are still busy looking for the perfect gift for their boyfriend or girlfriend.

Clayton Cooper, a sophomore business major, said buying a gift for his girlfriend is not that hard because she keeps a long, detailed list of everything she wants.

“She’ll have a list of about 99 different things, and I just pick something from there,” Cooper said.

His girlfriend of six years, Katelyn Schuster, a freshman undecided major, said buying gifts gets harder every year.

“You sometimes run out of ideas, and it can be hard to find something new that your boyfriend will like,” Schuster said.

Schuster turned to Cooper, held his hand and said, “You also don’t really seem like you want anything in particular.”

Though both of them agreed they have liked most of the gifts they received from one another in the past, Cooper complained that Schuster has never worn a blue necklace he bought her a few years back.

“It doesn’t work well with any of my outfits; I can’t wear it,” Schuster said.

Schuster reminded him of the picture frame she bought him when they first started dating.

Cooper said the gift was random and that he had no idea what to do with it.

Jonathon Schaeffer, a senior management information systems major, has been dating his girlfriend for three months and said that he asks for little during Christmas.

Schaeffer said the only gift he hates receiving is gift cards.

Caitlin Lambert, a senior early childhood education major, and Schaeffer’s girlfriend, said she hates the idea of receiving a pair of socks for the Christmas.

“I bought her a pair of socks as a gift before,” Schaeffer said.



PHOTO ILLUSTRATION BY JAIME LOPEZ | THE DAILY EASTERN NEWS

Clayton Cooper, a sophomore business major, and Katelyn Schuster, a freshman undecided major, are still looking for the perfect gift to give one another. Other Eastern students have been looking carefully for gifts for their partners.

Both agreed that they never discuss what they buy for the other, but Lambert said she leaves a list around for everyone to see and get ideas.

Lambert said Schaeffer spoils her, so she is not worried about what he will buy her.

Shane Thomas, a student affairs graduate student, has been dating his girlfriend for two years, and he usually buys her something she will need.

When looking for the perfect

gift, Lambert said he often works off a budget and finds things are within his price range.

Thomas said they live five hours apart.

“She goes to school in Milwaukee, and the gifts we get for each other have a lot of meaning; materialistic things don’t matter that much to us,” Thomas said.

Thomas explained that he loves watching the look of surprise on his girlfriend’s face when she opens up her gift.

Last year he gave her a book candle, “and she really liked it.”

Kelsey Brandt, a student affairs graduate student, said buying gifts now for her boyfriend has gotten harder because of their engagement.

“I used to just get him something simple like a jersey,” Brandt said.

During Christmas last year, Brandt’s boyfriend surprised her and asked her to marry him.

“That was my favorite Christmas

gift,” Brandt said.

Stephanie Ripperda, a senior kinesiology and sports studies major, said her fiancée always buys her gifts that she actually likes.

Like Brandt, Ripperda said her fiancée should probably consider coming up with new gift ideas.

“I don’t want to get the same present as last year or previous years,” Ripperda said.

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## Look stylish, avoid committing major fashion crimes this winter

Eastern, halt. This semester has been a fashion disaster, and I want to help, so here are a few suggestions to avoid major fashion faux pas.

**Fake (read: cheap) leather boots — NO.** I don’t know who in the mainstream fashion industry decided these boots should become popular, but they’re already so overworked that the moment I see a woman in them, I already know she can’t think outside her Forever21 box. Those boots might have only cost \$25, but they look like it, too. And they’re about to wear out on you so quickly that you’ll be right back at that store to buy another pair.

**(And Uggs? — NO.** No explanation necessary.)

**Quality (read: slightly more ex-**



Sara Hall  
Online Editor

**pensive) boots — YES.** I actually cringe if I have to spend more than \$10 on a shirt or top and more than \$30 on shoes (thrifting for life, y’all), but when it comes to shoes, it is definitely worth your while to splurge.

They don’t have to be \$100+ to last forever, but if you’re going to get your use out of them, it’s worth it. Bonus points

if they don’t look like every other person’s shoes.

**Leggings as pants — YES.** Fight me on this. I am the world’s strongest believer in leggings as pants. You want to tell me it’s OK to parade around campus in skin-tight yoga pants, but not leggings? As long as you’re covered, who cares?

**Wearing no tights — NO.** Ladies, despite Illinois’ serious case of weather schizophrenia, it is winter now. It may go into the 60s on some days (wait, I’m really not OK with it, for the record), but that doesn’t mean it’s going to be that warm at night. So if you really must wear that overworked bandage skirt out for the zillionth time, please, for the love of your body’s fight against hypothermia, put on some tights with it. I don’t

care what you’re going for with the bare legs in December look; having a runny nose and hacking up a lung the next day as a result of your night out is not a cute look on you.

**Colored tights — YES.** You guys, they’re fun! I promise you won’t look like an alien or whatever crazy misconception you have. And guess what: tights (quality ones, not like the ultra thin, insta-wear-and-tear tights) are actually surprisingly warm.

And guys? It’s not summer anymore. **So, shorts and flip-flops in December? — NO.** Again, with this crazy weather, it may feel like it’s almost time to hit the pool, but let’s be real — you’ve got a long time until spring break. For the love of god, at least throw on a pair of sweatpants if you’re going to be

comfortable i.e. lazy. But make my day and prove me wrong that so many college guys don’t care about fashion, and put on a pair of jeans (!) and a cardigan (!!!).

Finally, **“Finals chic” is not a thing. — NO,** thanks. I seriously don’t care if you’ve been up all night studying, showing up to your final class in pajamas is not exactly motivating. If you look nice, you’ll probably feel more confident. Is it going to score you an A? Not necessarily, but at least it might prevent you from wanting to fall asleep in class.

For the love of God, Eastern, I know we’re better than this. Now suit up (or at least look like we didn’t roll right out of bed).

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# Runners find ways to stay healthy in winter

By **Jaime Lopez**  
Verge Editor

For Bruyn Yunk, working out in and maintaining a strict diet during the cold months is not on option, nor is it for other members of the distance squad on Eastern's track team.

Yunk, a sophomore art major, said his workout schedule remains constant even as the weather takes a turn for the worst.

At practice, Yunk said he wears running tights.

And he said the gear has made a world of a difference, allowing him to continue his training in the winter.

Victor De La Torre, a sophomore applied engineering and technology major and distance runner at Eastern, said he runs in the cold without anything to shield his face from the wind, leaving him with wind burn and a chilled face.

"When you're running with a mask over your face it can be uncomfortable, because it's wet and nasty."

De La Torre said even his teeth tremble when he runs outside in the cold, and "breathing can be just hard."

The runners explained that running in the cold can be easier if people cover up properly.

But Max Gassman, a sophomore applied engineering and technology major and member, said sometimes what one wears to workout in the winter depends on how clean their laundry is.

All three runners attested to having at least run outside once without proper attire.

Gassman at one point tried to

build up what he called a "cold tolerance."

Last winter, for weeks, Gassman ran in the cold with nothing but shorts, gloves and a T-shirt, and eventually the weather wore him down and he went back to bundling up through the rest of his training.

"The weather beat me—Max 0, winter 1," Gassman said.

Yunk once ran over a frozen lake, then the sheet of ice underneath his feet cracked and the lower half of his body was submerged in water.

"Yeah, that... that was really cold," Yunk said.

De La Torre was once running down a hill during winter training and lost his footing; he ended up slipping and rolling down it, ripping his running gear in the process.

The three runners said that on numerous occasions they have come back from their run and removed their gloves to find that their hands had turned purple and gone numb.

Gassman said it, then, hurts to touch anything with his fingers.

"I get back from runs and the phone starts to ring, but I don't even bother to answer it because my fingers are so numb," Gassman said.

De La Torre explained that even sometimes when he has spent time in the warm after a long run, his hands still burn from the cold.

When it comes to eating during the holidays, Gassman said they have to maintain the same diet.

Gassman said he eats a lot more



JAIME LOPEZ | THE DAILY EASTERN NEWS

(from left to right) Bruyn Yunk, a sophomore art major, Max Gassman, a sophomore applied engineering and technology major, and Victor De La Torre, a sophomore applied engineering and technology major, maintain a strict diet and workout schedule during the off-season.

food, but healthy food.

"I generally stock up on food, but it's not junk food. We really won't be making any stops to McDonald's," Gassman said.

Yunk said he builds up his protein intake during those months and also eats more during the win-

ter months.

The runners said the winter months are not an excuse to slack off on one's health.

Their sport demands that they work out outside during the winter, but they said anyone can get up and do something productive.

"We're used to working out in the winter; it's kind of like a job, but anyone who really wants to stay healthy will do it without hesitation."

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# Artist finds balance between nature, people

By **Jaime Lopez**  
Verge Editor

Beth Shadur started painting at the age of 2 when she picked up a pencil and drew all over the walls of her house.

Next week will be the closing ceremony to her current exhibition at the Tarble Arts Center, an exhibition that celebrates four different galleries significant to her career.

Upon entering the exhibit, paintings from Shadur's gallery, "Away with the faeries," explore Shadur's obsession with the spiral, a symbol that is relevant in cultures all over the world, Shadur said.

"I wondered how it was that the spiral appeared simultaneously in countries across the world, where these people had no connection to one another," Shadur said.

And in Ireland Shadur found inspiration for her work, as well as the answer to her question.

The paintings from that particular series depict a mountain in the Burren, a desolate rocky-like area found in Ireland.

The mountain is called An Mullach Mor, and it is shaped like a spiral.

What Shadur found while working on "Away with the faeries" is that spirals are found everywhere in nature and that "man, in trying to order his

universe, found that this symbol was sacred to him."

Shadur said the spiral could be found in nature and the universe.

"If you look at the galaxy, if you look at fractals—spirals are everywhere," Shadur said.

Inscribed on each of her paintings are cryptic messages, sometimes in other languages and other times in English.

Shadur said a viewer has to look closely into the works to find what she found when she first discovered the mountain.

And on the top of the majestic paintings of landscapes, Shadur plastered smaller detailed pictures of flowers and water—all things she discovered when looking closely at the rocky land that makes up the Burren.

Two pieces from her gallery collection "Poetic Response" hang in the middle of Shadur's exhibit.

The pieces are titled "Witness" and "Epiphany," and she collaborated with the poet Lois Roma-Deeley to make them.

Roma-Deeley's poetry, Shadur said, works hand in hand with her paintings.

The paintings interpret the poetry versus illustrating them, Shadur said.

Sometimes Shadur's depictions use the words in Roma-Deeley's poetry as a jumping off point for the narratives in her work.

And finding a narrative can be difficult, Shadur said.

Images of hands are sprinkled throughout the canvas with text and flowers layered on their palms in "Witness."

One picture, "Ravished," is adorned with random images working in unison like a colleague to express her interest in the duality of the universe.

"Ravished" features a cancer cell painted next to a statue and a moth and a spiral-like flower.

Shadur explained that many of the images depicted in her paintings have a dual nature to them.

"I often use images that are beautiful and frightening," Shadur said. "Nothing is ever one thing."

And that message is not seen at first, Shadur said.

Shadur said she is visually stimulated by almost every thing she sees, and grabs as many different elements and places them onto one picture.

"I walk around and I see things that I get so visually excited over," Shadur said.

"My family teases me because they say 'it's like you're high on drugs, but there are no drugs.'"

She approaches the world with a state of wonder, seeking out inspiration wherever possible.

"In all of my work, I've always borrowed very freely from symbols from



JAIME LOPEZ | THE DAILY EASTERN NEWS

Beth Shadur has created artwork dealing complex themes like man's place in the universe and his relation to nature.

various cultures, from world cultures, from throughout history."

Shadur listed nature as one of her inspirations because it contains so much mystery and wonder, but is often forgotten and left in the background.

"We live in environments where we don't necessarily notice nature," Shadur said. "I live in a more urban environment; because of that, I value nature even more."

The paintings featured in the exhibit share one thing in common: Shadur's use of watercolor.

She said people often undermine the benefits of watercolor.

"People's preconceptions about watercolor is that it can be light and airy," Shadur said.

Shadur said watercolor is a tremendously versatile medium fit for many different forms of art.

"You can make the colors as deep and dark and rich as you want," Shadur said.

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